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Lakes, Bay & Region • March 10 2018

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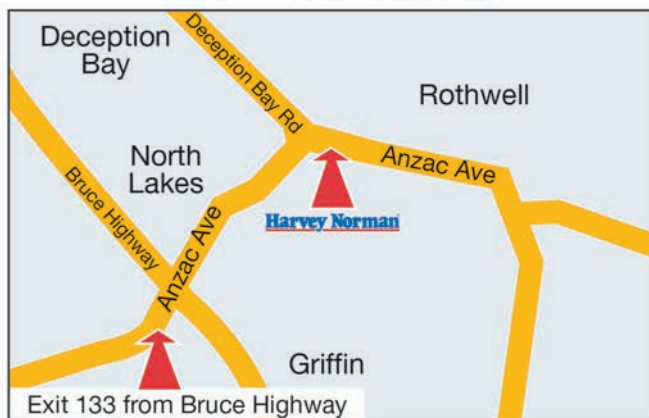


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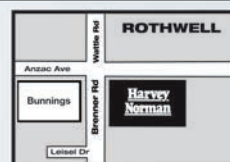
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ADVERTISING

For all advertising rates, specifications, templates conditions and bookings please contact our advertising department on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email: **adz@northlakemessenger.com.au**

Please note:

- Business hours are week days 9am to 5 pm.
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- Advertising deadline is 12 midday Wednesday one week prior. Incomplete art due Tuesday midday one week prior.

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NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email reports and pictures to Editor Dan Fidler via:

editor@northlakemessenger.com.au

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For all distribution enquiries and requests please contact our Distribution Manager, Ali Hunt via:

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OTHER CONTACTS

For the Community Notice Board and Your Say please email: **community@northlakemessenger.com.au** observing the requisites and disclaimers printed on their relevant pages.

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INDEMNITY

By advertising or submitting with the Messenger you agree to indemnify the publication, its staff and owners, against any claims.

The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.

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FREE EASTER EGG HUNT

EGG-CITING FAMILY DAY AT SEASONS KALLANGUR

Hop on down to Seasons Kallangur for an egg-citing family day of Easter fun.

The Kallangur aged care community will open its gates to the public for an early Easter Celebration for local families on Saturday March 10, 2018 from 10am to 1pm.

The kids will be well entertained with an Easter egg hunt, free face painting, petting zoo and pony rides, while parents can browse the range of food and market stalls while enjoying the live entertainment.

Seasons Aged Care Events Manager Val Smith says the community event has been designed to bring together the wider community with Seasons residents, offering a chance for young and old to socialise and have fun.

"Our residents really look forward to having the fun come to them and many bake, make jams and craft items to sell on the day. I'm sure they will be whipping up plenty of Easter treats!" says Mrs Smith.

"The Easter Egg hunt will take place throughout the day and there will be some great prizes up for grabs in the monster raffle as well as food trucks and a sausage sizzle."

This free event is *happening* at Seasons Aged Care Kallangur, 1321 Anzac Avenue, Kallangur, from 10am till 1pm.

WHAT'S BETTER THAN A BEATLES CONCERT AT NORTH LAKES?

A FREE Beatles concert at North Lakes, that's what,

On Saturday 24th February a tribute to arguably the biggest band in history is heading to North Lakes Sports Club, with the free Beatlegs show on Saturday 24th February

The Beatlegs have been reproducing the iconic sound and look of the Fab Four with spot on harmonies and great music since 2008. They're renowned all across the country.

The Beatlegs are Queensland's only Beatles tribute band and a quick search on Youtube shows their impeccable mimicry, melodies and showmanship. The NLSC gig will showcase all of the original Beatles big ones.

While members and guest can enjoy the free show, there is also a reserved seat and dinner ticket option for just \$45 per person.

"This ticket option includes a reserved seat, two-course buffet dinner, drink on arrival and pre-show live entertainment from 6pm to 9pm," NLSC's General Manager Chris Sartori said.

"However patrons should get in quick, as we have only a handful of these tickets remaining."

For more information or to purchase tickets, visit www.northlakessports.com.au or call 1300 006 572.




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THE 39 STEPS

QUEENSLAND THEATRE REVIEW

Queensland Theatre cannot put a foot wrong, it seems. Following up a record breaking 2017 which saw Queensland Theatre productions shown in Sydney, Melbourne, London, and even Thursday Island, 2018 is setting the pace for another stunning season.

Following the five star reviewed Black is the New White (Messenger, February 10) Queensland Theatre's (QT) The 39 Steps which opened last Thursday is another triumph.

The 39 Steps is adapted by Patrick Barlow from the movie by Alfred Hitchcock (which itself is based on the novel by John Buchan). The Hitchcock film is a tale of an everyman caught up in a murder turned espionage plot.

The QT production, with an all Queensland cast, is also destined to be a classic - a classic farce. With just four actors playing 139 characters within the two hour play, the character changes provide the comedic baseline - some are made with smooth, almost contortionist choreography in front of the audience, others just off stage, but with the audience in on the gag - this alone is worth the price of admission.

The four actors; Hugh Parker, Liz Buchanan, Bryan Probets and Leon Cain populate the stage with various villains, spies, love interests, and clearly defined and acted characters along the way. The characters they play are so profoundly different from one moment to the next it's impressive just to watch them get it right. And they do, every time.

Set and costume designer Ailsa Paterson deserves special mention here, she has created a believable space in an outlandish world with a set that moves with as much pace as the cast.

I've seen a lot of theatre in the last couple of years and this is something special for theatre lovers. Amongst all this celebration of great classic theatre, there's some not so good news for those without tickets already; QT's The 39 Steps playing QPAC's Cremorne until March 24 - is entirely sold out already.

Keep your eye on these pages and we'll let you know about QT's next not-to-miss production. Until then visit www.queenslandtheatre.com.au for more info

For fans of farce and theatrical mastery, it's five stars.

★★★★★ **DAN FIDLER**

Hugh Parker Play Hannay
- the man on the run



All rehearsal pics supplied by Queensland Theatre

Liz Buchanan plays (most of) the female roles



Incredible character actors
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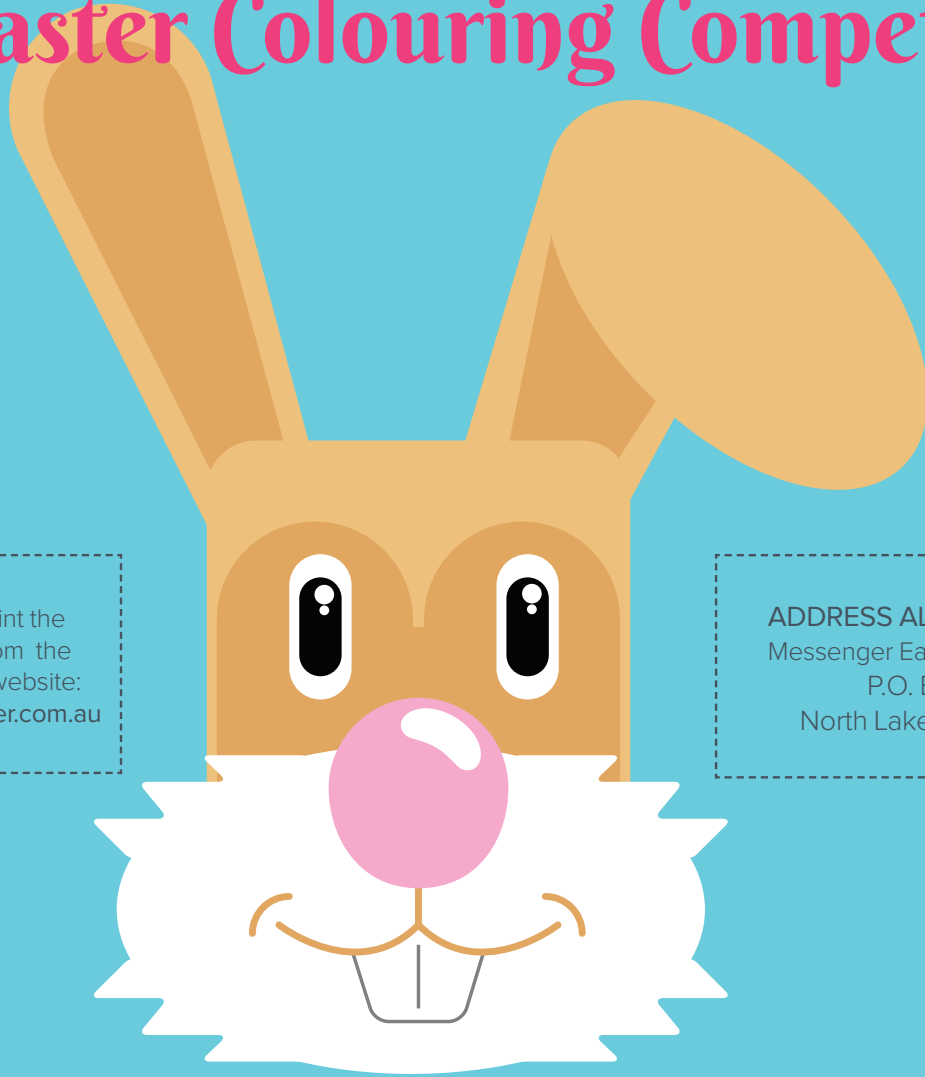
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Kids' Easter Colouring Competition



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homepage of our website:
www.northlakesmessenger.com.au

ADDRESS ALL ENTRIES TO:
Messenger Easter Competition
P.O. Box 127
North Lakes QLD 4509

Every Easter we run a colouring competition just for kids and 2018 is no different. Well, there's one difference - we'll ask you to download the colouring page from our website and print it out to enter. You can find the PDF at www.northlakesmessenger.com.au

This year we have 3x \$100 cash prizes to win.

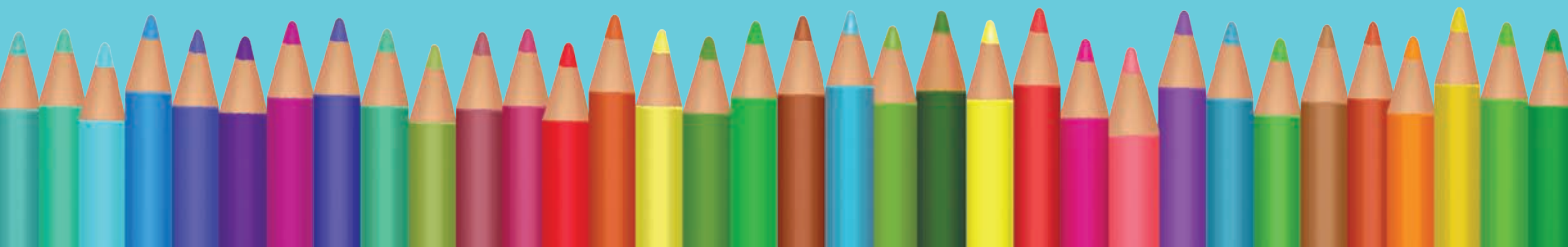
So kids, print the page from our website, grab your colouring and decorating gear and show us some colour! The most creative entry from each age group will win!

There are three age groups and a \$100 winner will be selected from each. The age groups are: 3-5, 6-9 and 10-13.

Get your entries in by Friday March 30. Don't forget to put your details in the space provided, and good luck!

WIN!

Privacy: The Messenger complies with the *Australian Privacy Act 1988* in safeguarding your privacy. Information submitted by you is used only for purposes of the competition. Your information is not kept on file, collated, or distributed in any way.





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*If life is not too bad but you are unhappy,
should you stick with the devil you know
rather than risk the unknown?*



Hi Leonie,

I was sitting in my doctor's office this morning reading one of your old columns and your response and about the miracle question. I was thinking that I would like to make changes as I am in a verbally abusive relationship.

My parents had a similar marriage to mine and they have stayed together. I like the idea of the Miracle question and I realised that my husband was not in my miracle day.

Is there anything else you can tell me? If life is not too bad but you are unhappy, should you stick with the devil you know rather than risk the unknown or the possibility of failing at something like a course.

For those of us that can cope, would you still advise setting new goals?

Kate/Redcliffe

Hi Kate,

Yes, I would. You don't have to be in fear of your life or destitute to want something better for yourself. When setting goals, you need to make sure that they are achievable and that you give yourself a reasonable time frame to create the desired changes. Looking at all the aspects of your life is a good way to create the future that you want. Look at your career: Is it rewarding or is it a job that saps your energy and your spirit? Look at your relationships: Are they mostly rewarding and happy? There is always some disharmony in every relationship and some ups and downs are a normal part of life, but when a relationship makes you feel belittled, humiliated, unsafe or just plain miserable, some re-evaluation is in order. And in some cases an exit strategy should be considered.

Knowing when to pull the pin on a relationship is just as important as knowing when to keep working on it. Just because your parents suffered through mistreatment or incompatibility is no reason for you to. I believe that not all relationships should be saved.

I encourage my clients to also think about what things they don't want as well as the changes that they would like to see manifest in their lives as they set goals for the future. For instance, you may decide that you will no longer tolerate domestic violence. You may decide that you will no longer be taken for granted and work on your assertive skills and learn to say "No" in a way that stops badgering and pressure. You may decide to never again allow toxic personalities into your life and start to cull those people who are affecting your happiness.

You need time to formulate your goals for the future so don't rush or go about it in an unplanned manner. Really put some strategic thinking into it like you would a business plan. You may choose to see a counsellor like myself and talk through the issues and really make a concerted and focused effort to map out your future desired life and strategise how to make it a reality.

Think about what needs to change and what steps you can take; how do you want to look and feel? What are the top five things in your life that cause you to feel unhappy?

Now some things you may not be able to change such as an estranged loved one or the death of someone close. In these cases it is still very worthwhile exploring how you can get some closure, deal more effectively with your grief and move towards acceptance. However, you are quite likely to list a number of things that you can change. These may include ending an abusive relationship, furthering your education/qualifications or working towards a better standard of living, and ultimately, a better retirement. It also may include just finding some simple Joy in life.

This is the only life we get here on earth, so put some effort into it. There are no martyrdom prizes for suffering a miserable life. Here's a quote Leo from Buscaglia, Author (1924- 1998) that I think says it all.

*"Change. It has the power to uplift, to heal,
to stimulate, surprise, open new doors, bring
fresh experience and create excitement in life.
Certainly, it is worth the risk."*

Til next week , Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner at *North Lakes Counselling Services*

For appointments please phone 3886 2715 or 0423 653 841

www.northlakescounsellingservices.com.au

Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM



ABOUT LEONIE

Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.





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FREE LEGAL HELP FOR PEOPLE DEALING WITH PAYDAY LOANS

People who are struggling with payday loans can turn to Legal Aid Queensland for help, with the organisation providing free legal information and advice to Queenslanders experiencing financial hardship.

Senior consumer protection lawyer Paul Holmes said an increasing number of financially vulnerable people were using small amount or emergency loans to pay the bills or cover the costs of urgent car or white good repairs, and were struggling to keep up with repayments.

"People often turn to payday lenders when they are in financial need and can't get a loan from a mainstream lender," Mr Holmes said.

"We sometimes see people who take out a loan and then get sick or lose their job and can't make repayments, they then take out another loan to pay the original loan and are caught in a spiral of debt, struggling to pay for basic necessities.

"The ads on TV and radio make small amount loans seem so easy – and it has become easier to get online and access a short term loan –

but the repercussions can be devastating for vulnerable families."

Mr Holmes said many people did not know that if they were having trouble paying back their debts there was help available under the law.

"If people are struggling to pay their loan they can ask their lender to vary the terms of their loans, like temporarily suspending repayments for a set period of time or having the repayment amount temporarily reduced while you get back on your feet," he said.

"The law also provides protections against unscrupulous lenders who have not met their

obligations when assessing whether a person has the capacity to repay the loan.

"I'd encourage people who are experiencing financial hardship because of a short term or payday loan to contact Legal Aid Queensland and find out about their legal rights."

Legal Aid Queensland also has a range of publications about debt issues on its website www.legalaid.qld.gov.au. The publications can be ordered for free.

People can contact Legal Aid Queensland on 1300 65 11 88 to access free legal information and advice.



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Hi everyone,

Welcoming new citizens to Moreton Bay

More than 130 residents from across the Moreton Bay Region recently became Australian Citizens at Council's Australia citizenship ceremony.

Amongst those welcomed were 58 new citizens from the United Kingdom, 25 from South Africa, 9 from USA, 7 from India, 3 each from Australia, Jersey, Kazakhstan and Thailand, 2 each from Germany, Malaysia, Netherlands, New Zealand South Korea and Zimbabwe and 1 each from Austria, Denmark, Fiji, French Polynesia, Greece, Nepal, Romania, Scotland and United Arab Emirates. Of these candidates 44 were from Division 4.

Draft Disability Access and Inclusion Plan 2018-2022

Have your say on Council's draft Disability Access and Inclusion Plan 2018-2022! Review the draft plan and complete a short survey before 9 March. Visit www.moretonbay.qld.gov.au/disability-access

Clean Up Australia Day

Thank you to all the volunteers across the Moreton Bay region who took part in Clean Up Australia Day last Sunday 4 March. There were over 120 registered sites across the region including more than 10 sites in Division 4. It is great to see community spirit alive and well in Division 4 in keeping our region clean and tidy.

Know Your Neighbour (Neighbours Day)

On Sunday 25 March, Neighbours Day is the perfect opportunity to say hello. Knowing your neighbour can help in times of emergency or extreme weather, boost neighbourhood safety and help to create a friendly and inclusive community.

There are a number of ways you can get involved; host a get together at a local park, join a local community group or sporting organisation, take part in a local event or program or lend a hand and join council's volunteer program. For more information visit www.moretonbay.qld.gov.au/knowyourneighbour

NO April Library Visit

Unfortunately, due to unforeseen circumstances, there will be NO visit to the North Lakes library on Wednesday 4 April. My next library visit will be on Wednesday 2 May from 10am - 11am. Come along if you have any Council issues you would like to discuss with me.

If I can assist any resident further with any matters please call me.



JULIE GREER
COUNCILLOR FOR DIVISION 4
MORETON BAY REGIONAL COUNCIL
P O BOX 159 CABOOLTURE QLD 4510
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OFFICE : 3480 6705
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EMAIL: JULIE.GREER@MORETONBAY.QLD.GOV.AU
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FROM COUNCIL CALL 3205 0555.

UPCOMING EVENTS

North Lakes Teddy Bear's Picnic

Thursday 29 March, 9am - 12 noon, Aurora Boulevard Park, Aurora Boulevard North Lakes

Grab your favourite teddy for a FREE fun morning out at the Teddy Bears' Picnic. There will be plenty to keep your little ones entertained including stage shows, rides, face painting, kids activities, an animal farm, a teddy bear parade and a visit from the easter bunny as well as plenty of food and market stalls to enjoy.

Remember to pack a picnic, your favourite Teddy Bear and a picnic rug to join in the day the Moreton Bay Region Teddy Bears' have their picnic.

Queen's Baton Relay and Redcliffe Festival of Sails

Friday 30 March 2018

Queen's Baton Relay - 8am to 9am I Redcliffe Parade to Suttons Beach, Redcliffe

Festival of Sails - 9am to 4pm I Suttons Beach, Redcliffe

After travelling an astonishing 288 days and visiting one third of the world's population, the Queen's Baton is heading to Moreton Bay as a starring attraction at the 2018 Redcliffe Festival of Sails on Good Friday, 30 March.

Paralympic world record holder and Moreton Bay's Young Citizen of the Year Lakeisha Patterson OAM will carry the Queen's Baton onto the stage at the Redcliffe Festival of Sails. She leads an all-star contingent of baton bearers from around the region chosen in recognition of their community work and passion for athletics including Kayleigh Williams from North Lakes.

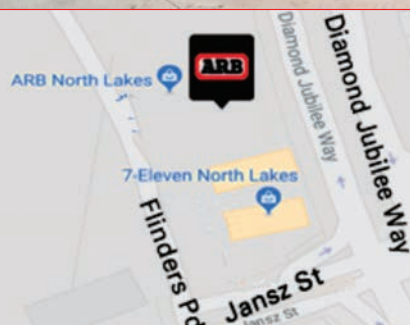
Redcliffe Festival of Sails is an annual event which takes place on the foreshore of Suttons Beach with markets, free family activities and workshops, sky-diving Easter Bunny and more. The event also provides a prime position to watch the annual Brisbane to Gladstone Yacht Race.

For more information visit www.redcliffefestivalofsails.com.au

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ARE ANXIETY DISORDERS RISING OR JUST OUR PERCEPTION?

BY DR ANITA, BRISBANE NORTH PHN

Anxiety disorders are among the most prevalent mental health conditions in Australia and many people argue they are more common now than ever before.

The word 'epidemic' is often used to describe an illness that seems out of control, affecting more and more people every day, and it's used frequently in the media when discussing anxiety disorders.

In a 2016 article written for Lifehacker.com.au, Canadian futurist and contributing editor George Dvorsky asks his readers 'Are we in the midst of an anxiety epidemic?'

He refers to anxiety's label as the Disease of the 21st Century and acknowledges how easy it is to think about the disorder this way, but questions the assumptions behind this.

It is important to note that an anxiety disorder is different to the normal feelings we might experience when we are under pressure. With a disorder, the feelings do not go away once the stressful situation has passed.

Anxiety disorders are the most prevalent mental health conditions in Australia, afflicting around one in seven people over 16 years of age – or 14.4 per cent of the population – according to the Australian Institute of Health and Welfare.

Yet prevalence does not necessarily prove the rate of anxiety disorders is increasing.

In fact, a study published last year in the Medical Journal of Australia, which looked at the number of people on disability support pensions for psychiatric conditions between 2001 and 2014, found the prevalence of anxiety in Australia was fairly stable.

Associate Professor Samuel Harvey from the

Black Dog Institute said the study showed there was even a slight but significant decrease in the estimated prevalence of less severe depression and anxiety symptoms over that period.

"While this is promising for Australia, it should not be taken to mean that we have won the battle against these debilitating conditions, or

"It is important to note that an anxiety disorder is different to the normal feelings we might experience when we are under pressure. With a disorder, the feelings do not go away once the stressful situation has passed."

that depression or anxiety are not having an increasingly dramatic impact on our society," A/Professor Harvey added.

So if anxiety disorders are not on the rise, what is giving us this impression?

One answer may lie in changing cultural attitudes to perfectionism, a field of study that has received considerable attention in Australia and overseas.

Perfectionism has been linked to anxiety disorders and a host of other mental health conditions, including depression, obsessive-compulsive disorder, eating disorders, post-traumatic stress disorder, chronic fatigue syndrome, insomnia, hoarding and dyspepsia.

It can also lead to chronic headaches, early mortality and sadly, even suicide.

In her recent article, 'The dangerous downsides of perfectionism', BBC journalist Amanda Ruggeri reveals her own struggle

with this personality trait and delves into the research.

Ms Ruggeri describes how she felt 'deflated in a gut-punching way that went beyond disappointment', as the negative voices in her head drowned out the positive, after an agent told her that book idea she had pitched did not suit the market.

She is not alone. According to a recent meta-analysis of rates of perfectionism from 1989 to 2016, the first study to compare perfectionism across generations, it is becoming more common.

Ms Ruggeri argues that this is because culturally, we often see perfectionism as a positive, and the studies tend to back this up.

A disproportionate focus on achievement and the way society links this to our sense of identity, academically, professionally and socially, appears to drive people towards perfectionism and this causes enormous suffering for people predisposed to anxiety disorders.

The antidote, according to the research, may lie in self-compassion – a simple solution – but the very thing perfectionists lack. Be kind to yourself and reap the rewards.

ABOUT DR ANITA

DR ANITA GREEN IS THE BOARD CHAIR OF BRISBANE NORTH PHN AND HAS OVER 30 YEARS' EXPERIENCE AS A GENERAL PRACTITIONER. SHE HAS A LONG-TERM COMMITMENT TO THE EDUCATION OF MEDICAL AND ALLIED HEALTH PROFESSIONALS AND IS INVOLVED IN TEACHING AND RESEARCH FOR THE UNIVERSITY OF QUEENSLAND. DR ANITA HAS ALSO BEEN APPOINTED AS THE CHIEF MEDICAL OFFICER FOR THE 2018 COMMONWEALTH GAMES ON THE GOLD COAST





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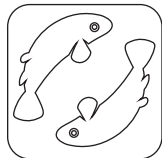
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YOUR STARS



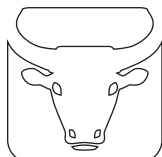
Aquarius Jan 21-Feb 19: You can see how two parties are doing themselves more harm than good. Nevertheless, dysfunctional relationships have a logic all their own.



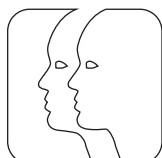
Pisces Feb 20-March 20: Don't buy the guilt trip! If someone's working that hard to make you feel bad then it means they're not worth it!



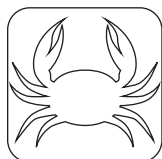
Aries March 21-April 20: A certain someone decides to give you another chance. Make the most of it, because there won't be a next time.



Taurus April 21-May 21: You never know what slips out, so maybe stick to answering yes and no questions.



Gemini May 22-June 21: Yield on those issue and you'll soon be yielding on another. The best way to prevent a row of dominos from falling is to not allow the first one to go.



Cancer June 22-July 23: Promises may have been made to you without the guarantor's knowledge. Prepare to take a certain go between to task.



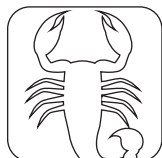
Leo July 24-Aug 23: Put as much distance as you can between you and a certain matter. You won't be under its shadow for long. It will soon be somebody else's problem.



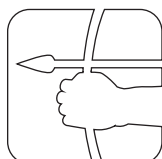
Virgo Aug 24-Sept 23: Watch your cynical side. One remark is all it takes for certain oversensitive types to get bent out of shape.



Libra Sept 24-Oct 23: You're not exactly known for being decisive, but having one of your closest friends not being able to make an easy decision has you thinking that any decision at this point will do.



Scorpio Oct 24-Nov 22: one of the hardest things for you to learn is to rely on someone. A tough time shouldn't be suffered alone. Let it bring you closer together.



Sagittarius Nov 23-Dec 21: Don't lose your temper. You could play right into someone's hands. Maintain a calm demeanour until you have a clearer idea of what's what.



Capricorn Dec 22-Jan 20: Repay a favour or obligation pronto. Not only is it the right thing to do, but you could use some positive karma right about now.



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NINE

6.00 GMA. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Kevin Can Wait. (PG) **12.30** Destination WA. **1.00** Rugby League. QRL. Intrust Super Cup. Round 1. Sunshine Coast Falcons v Burleigh Bears. **3.00** Walking The Nile. (PG) **4.00** Garden Gurus. **4.30** Dream Job. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** David Attenborough's The Blue Planet II. (PG) **8.10** Movie: Back To The Future Part III. (PG) (1990) Michael J. Fox, Christopher Lloyd. Marty McFly travels to the Old West. **10.30** Travel Guides. (PG) **11.30** Movie: Appaloosa. (M) (2008) Viggo Mortensen. **1.45** Nine Presents. **2.00** TV Shop. **2.30** Movie: Bloodworth. (MA15+) (2010) **4.15** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **1.30** Power Rangers Super Ninja Steel. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** The Looney Tunes Show. **3.00** Gumball. (PG) **3.30** Ben 10. (PG) **4.00** Teen Titans. (PG) **4.30** Steven Universe. (PG) **5.00** Movie: The Bugs Bunny Road-Runner Movie. (G) (1979) **7.00** Movie: How To Train Your Dragon. (PG) (2010) **9.00** Movie: Hercules. (M) (2014) **11.00** Balls Of Steel Australia. (MA15+) **12.00** Adult Swim. (MA15+) **12.30** Mr Pickles. (MA15+) **1.00** Total Divas. (M) **2.00** Rick And Morty. (M) **3.00** Power Rangers Super Ninja Steel. (PG) **3.30** Young Justice. (PG) **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **11.00** Horse Racing. Randwick Guineas Day. **4.30** Seven News At 4.30. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: The Day After Tomorrow. (PG) (2004) Dennis Quaid, Jake Gyllenhaal. A sudden ice age engulfs the Earth. **9.35** Movie: Contagion. (M) (2011) Matt Damon, Kate Winslet, Jude Law. A deadly virus spreads throughout the world. **11.55** The Goldbergs. (PG) Erica decides where she wants to go to university. **12.25** Winter Paralympics. PyeongChang 2018. Highlights. **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of Wellness. (PG)

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.30** The Great Australian Doorstep. (PG) **10.00** NBC Today. **12.00** The Great Outdoors. **1.00** Creek To Coast. **1.30** SA Weekender. **2.00** The Great Australian Doorstep. (PG) **2.30** Vasil's Garden. **3.00** Qld Weekender. **3.30** Air Crash Investigation. (PG) **4.30** The House That 100K Built. **5.30** To Build Or Not To Build. **6.30** Mighty Ships. **7.30** The Yorkshire Vet In Autumn. (PG) **8.30** Escape To The Country. Denise Nurse travels to Yorkshire to help a retired couple find their rural dream home. **10.30** Escape To The Continent. **11.45** Winter Paralympics. PyeongChang 2018. Highlights. **1.00** Psychic TV. (M) **4.00** Creek To Coast. **4.30** Travel Oz. (PG)

TEN

6.00 The Home Team. **6.30** Everyday Gourmet. **7.00** Weekend Feast. **8.00** Family Feud. **8.30** GCBC. **9.00** Pooches At Play. **9.30** St10. (PG) **12.00** The Living Room. **1.00** The 48 Hour Destination. **1.30** Places We Go. Return. **2.00** Life Inside The Markets. Return. **2.30** To Be Advised. **4.00** What's Up Down Under. **4.30** Escape Fishing. **5.00** News. **6.00** David Attenborough's The Himalayas. (PG) **7.00** Movie: Kung Fu Panda 2. (PG) (2011) Jack Black. **8.45** Movie: Ace Ventura: Pet Detective. (M) (1994) Jim Carrey, Sean Young, Courtney Cox. A detective searches for a missing team mascot. **10.30** 48 Hours: NCIS. (M) **11.30** 48 Hours: NCIS. (M) **12.30** Shopping. **4.30** The Table. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Jake And The Fatman. (PG) **9.00** Get Smart. (PG) **10.00** Star Trek: Voyager. (PG) **11.00** Diagnosis Murder. (PG) **12.00** MacGyver. (PG) **2.00** Megacities. (PG) **3.00** The Offroad Adventure Show. **4.00** Building Invincible. **5.00** Operation Repo. (PG) **5.30** Hogan's Heroes. **6.00** Football: Just For Kicks. **6.40** Soccer. A-League. Round 22. Western Sydney Wanderers v Wellington Phoenix. From Spotless Stadium, Sydney. **9.00** CSI: Miami. (M) **10.00** CSI: NY. (M) **11.00** CSI: NY. (MA15+) **12.00** VF Confidential. (MA15+) **1.00** Movie: Tokarev. (M) (2014) Nicolas Cage, Rachel Nichols, Danny Glover. **3.00** Operation Repo. (PG) **3.30** Monster Jam. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** Miss Fisher's Murder Mysteries. (M) **1.30** Midsomer Murders. (M) **3.00** Catalyst. (PG) **4.00** Hello Birdy. (PG) **4.30** Kangaroo Dundee. **5.00** Antiques Roadshow. **6.00** Compass. (PG) **6.30** A Taste Of Landline. **7.00** ABC News. **7.30** Death In Paradise. The team, along with Met Police Inspector Jack Mooney, investigate the apparent suicide of the prime suspect in their current case. (M) **8.30** Miniseries: Innocent. (M) **9.20** River. (M) **10.20** Miniseries: Black Work. (M) **11.05** Miss Fisher's Murder Mysteries. (M) **12.05** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Charlie And Lola. **5.55** The Hive. **6.00** Octonauts. **6.15** WildWoods. **6.25** Go Jetters. **6.40** Jamillah And Aladdin. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Live At The Apollo. (M) **9.15** Comedy Next Gen. (MA15+) **10.15** Fleabag. (MA15+) **10.45** Dara Ó Briain: Craic Dealer. (M) **11.35** Inside Amy Schumer. (MA15+) **12.00** Asian Provocateur: Mum's American Dream. (M) **12.30** The Trip To Italy. (M) **1.00** Live At The Apollo. (M) **1.50** News Update. **1.55** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU Grand Prix. Best Of Ladies Leg. **4.00** Destination Flavour Scandinavia. **4.30** The Story Of God With Morgan Freeman. (PG) **5.30** The Suprvet. (PG) **6.30** News. **7.35** Building Giants. **8.30** Building Giants. **9.30** Gadget Man. (PG) **10.00** Soccer. EPL. Manchester United v Liverpool. **12.50** London's Super Tunnel. **1.50** Movie: The Last King. (MA15+) (2015) **3.35** Over The Counter Addicts. (M) **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **8.00** Romanian News. **8.30** Macedonian News. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** Hungarian News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Insight. **1.00** Vs Arashi. **2.00** Dead Set On Life. (PG) **2.25** Dead Set On Life. (PG) **2.55** Maternity Leave. (PG) **3.45** Jungletown. (PG) **4.30** It's Supperime! (PG) **5.00** MythBusters. (PG) **6.00** MythBusters. (PG) **7.00** Chinese Dating With The Parents. **8.30** Movie: Magnolia. (MA15+) (1999) **11.55** Movie: Barney's Version. (M) (2010) **2.20** News. **2.45** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.25pm No Country For Old Men (2007) Crime. Tommy Lee Jones, Josh Brolin. (MA15+) **Masterpiece** **8.30pm Alien: Covenant** (2017) Sci-Fi. Michael Fassbender, Katherine Waterston. (MA15+) **Premiere** **10.35pm Get Out** (2017) Thriller. Daniel Kaluuya, Allison Williams. (MA15+) **Premiere**

GENERAL

5.00pm The Fosters. (M) FOX8 **7.30pm Saturday Night Live.** (M) Comedy Channel **9.30pm Sleepy Hollow.** (M) FOX8

DOCUMENTARY

7.30pm Beauty Queen Murders. (M) TLC **8.30pm Where The Wild Men Are: Revisited.** (PG) BBC Knowledge **8.30pm Insane Pools: Deeper Dive.** (M) Discovery

SPORT

1.00pm Football. JLT Community Series. Collingwood v Western Bulldogs. Fox Footy **4.30pm Rugby League.** NRL. Round 1. Wests Tigers v Sydney Roosters. Fox League

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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BRISBANE COMEDY FESTIVAL

Date: Friday 23 February - Sunday 25 March 2018

Location: Various

Cost: Varies, see website.

Brisbane will be plunged into hysterics when the city's largest ever lineup of the best Aussie and international acts lay comical siege to three venues – Brisbane Powerhouse, Brisbane City Hall and new venue SunPAC – as part of Brisbane Comedy Festival 2018.

The ninth instalment of Australia's fastest growing comedy festival will bring more than 70 stellar comedians to Brisbane. Leading the pack of international laughter masters are Jim Gaffigan, Irishmen Jimeoin and Des Bishop, Canadian DeAnne Smith, Englishmen Stephen K Amos and Jeff Green, who will be celebrating 30 years on the comedy circuit with a special show. Also on the bill is beloved Kiwis Cal Wilson and Urzila Carlson, Scottish star Daniel Sloss and American Rich Hall, making his long-awaited return.

Tickets are on sale now via brisbanecomedyfestival.com

FEB 23
-MAR 25

TRIVIA NIGHT AND SPORTS MEMORABILIA AUCTION

Date: Saturday 17th March, 6.30pm

Location: Hercules Road State School hall

Cost: \$15 pp or \$120 for a table of 10

Just Dance Moreton Bay Region are currently fundraising to send a group of students on a USA dance tour with a Trivia night and sports memorabilia auction on Saturday 17th March. Head along and support the not-for-profit association.

Tickets available online www.trybooking.com/UAFR

Email: jdmbrfundraising@gmail.com. or call 0448762174 for further details

MAR
1&2

MAGICAL MELODIES

Date: Saturday March 17 at 2 p.m.

Location: Redcliffe Cultural Centre Downs St. Redcliffe

The Brisbane City Pops Orchestra conducted by Chen Yang is delighted to present "Magical Melodies" featuring the 7 Sopranos as guest artists. They will be singing Danny Boy, Toreador Song from Carmen, Flower Song Duet from Lakme and Brindisi from la Traviata. Chen Yang will play solo violin in Massenet's Meditation.

Orchestral numbers include The Irish Washerwoman, favourite melodies from Richard Rodgers, Brahms Hungarian Dance #5, Nimrod from Elgar's Enigma Variations and other popular waltzes and marches.

Tickets \$32.00 are available by phone 3283 0407 or online www.redcliffeculturalcentre.com.au

MAR 17

FRENCH FILM FESTIVAL

Date: March 8 - April 4 2018

Location: Palace Barracks & Palace Centro Cinemas

Returning to Palace Cinemas in Brisbane from March 8 to April 4, the 29TH annual Alliance Française French Film Festival, is poised to entice audiences with an incendiary selection of 47 features, 2 documentaries and a cheeky Parisian TV series, which showcase the passion, artistry and dazzling diversity of contemporary French cinema.

Artistic Director Philippe Platel has selected an impressive line-up that resonates with themes of courage, friendship and egalitarianism; motifs reflected via a host of Première screenings, delightful special events, and, for the first time, a LGBT strand in celebration of Australia's recent, historic 'Yes' vote for same-sex marriage. Full programme and tickets are available now at: www.affrenchfilmfestival.org

MAR 8 -
APR 4

WAVE FESTIVAL

Date: 20-21 April 2018

Location: Brisbane Powerhouse Newfarm Park

Hip Hop, electronic, poetry and new music - Queensland Symphony Orchestra has announced a two-day music festival of collaborations with some of the coolest artists in the country. WAVE Festival 2018 will take place on Friday 20 and Saturday 21 April at the Brisbane Powerhouse, featuring incredible performances with The Kite String Tangle, Horrorshow and more.

The cutting-edge music program will shine the spotlight on contemporary music and Australian composers and music makers. The line-up of stars reads like Music's Most Wanted - Australia's favourite electronic producer and Brisbane local Danny Harley, better known as The Kite String Tangle, highly acclaimed and much loved Hip Hop duo Horrorshow, poet Luka Lesson, composer Heather Shannon (The Jezabels), composer Gordon Hamilton and conductor Sarah-Grace Williams showcase musical collaborations with Queensland Symphony Orchestra. Tickets via www.qso.com.au

APR 20-21

NINE

6.00 Good Morning America: Saturday. **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) Return. **1.00** Surfing Australia TV. **1.30** Border Rico. (PG) **2.00** Rugby League. NRL. Round 1. Penrith Panthers v Parramatta Eels. From Penrith Stadium, Sydney. **5.00** Broncos Insider. (PG) **5.30** Icons: World Expo 88. **6.00** Nine News. **7.00** Married At First Sight. (PG) **8.30** 60 Minutes. **9.30** Born To Kill? Class Of Evil. (MA15+) **10.30** Killer On The Line. (M) **11.30** House. (M) **12.30** The Mysteries Of Laura. (M) **1.30** Dream Job. **2.00** Bad Robots. (M) **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Beyblade Burst Evolution. **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Yo-Kai. (PG) **3.00** Gumball. (PG) **3.30** Teen Titans. (PG) **4.00** Ben 10. (PG) **4.30** Power Rangers Super Ninja Steel. (PG) **5.00** Looney Tunes Cartoons. **5.10** Movie: Stormbreaker. (PG) (2006) **7.00** Movie: Around The World In 80 Days. (PG) (2004) **9.30** Movie: A Walk Among The Tombstones. (MA15+) (2014) **12.00** Adult Swim. (MA15+) **12.30** Mr Pickles. (MA15+) **1.00** Westside. (PG) **1.30** Most Terrifying Places In America. (M) **3.00** Yo-Kai. (PG) **3.30** Young Justice. (PG) **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** Business Builders. (PG) **1.30** Bewitched. **2.00** To Be Advised. **3.30** To Be Advised. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** Australian Spartan. (PG) **8.45** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.45** Crimes That Shook The World. (M) Takes a look at Gary Ridgway, a serial killer who murdered between the 1980s. **10.45** Blindspot. (M) **11.45** World's Deadliest Weather: Caught On Camera. (PG) **12.45** Winter Paralympics. PyeongChang 2018. Highlights. **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Harry's Practice. **10.00** House Of Wellness. (PG) **11.00** NBC Today. **12.00** The Great Outdoors. **1.00** Australia's Best Drives. (PG) **1.30** The Outdoor Room. **2.00** Sean's Kitchen. **3.15** Escape To The Continent. **4.30** Escape To The Country. **6.30** To Be Advised. **7.00** Motorway Patrol. (PG) **7.30** Border Security: Int. (PG) **8.30** Border Security. (PG) **9.30** Brit Cops. (M) **10.30** Border Security: Int. (PG) **11.30** Winter Paralympics. PyeongChang 2018. Highlights. **12.30** Psychic TV. (M) **3.30** The Great Outdoors. **4.30** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Australia By Design. **9.30** St10. (PG) **12.00** Weekend Feast. **1.00** Jamie's Thirty Minute Meals. **1.30** Jamie's Thirty Minute Meals. **2.00** I'm A Celebrity... Get Me Out Of Here! (PG) **3.30** Travels With The Bondi Vet. **4.00** RPM. Return. **5.00** News. **6.00** Family Feud. **6.30** The Sunday Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) The final four's loved ones join the fun. **9.00** NCIS. The team investigates when a US Marine is killed in a hit-and-run car incident. **10.00** SEAL Team. (M) **11.00** The Sunday Project. **12.00** 48 Hours. (M) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Super Rugby. Round 4. Melbourne Rebels v Brumbies. Replay. **10.00** Operation Repo. (PG) **10.30** Escape Fishing. **11.00** Megafactories. (PG) **12.00** Megafactories. **1.00** Megacities. (PG) **3.00** Nature's Great Events. (PG) **4.00** Seafood Escape. **4.30** Places We Go. **5.00** What's Up Down Under. **5.30** Megacities. (PG) **6.00** Bondi Rescue. (PG) **6.30** Scorpion. (PG) **7.30** NCIS: LA. (M) **8.30** The Life Of Mammals. **9.30** Cops. AO. (M) **10.00** Cops: AO. (PG) **10.30** Rocky Mountain Railroad. (PG) **11.30** Countdown To Murder. **12.30** Movie: Gun. (MA15+) (2010) **2.15** RPM. **3.15** Operation Repo. (PG) **4.45** Cops: AO. (M) **5.15** Cops: AO. (PG) **5.45** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** The World This Week. **11.00** Compass. (PG) **11.30** Songs Of Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Australia. **2.30** Julia Zemiro's Home Delivery. (PG) **3.00** Antiques Roadshow. **4.00** The Mix. **4.30** Australian Story. **5.00** Death In Paradise. (M) **6.00** The Checkout. (PG) **6.30** Hard Quiz. (PG) **7.00** ABC News Sunday. **7.40** Grand Designs. **8.30** Miniseries: Howards End. **9.25** Last Tango In Halifax. (M) **10.25** Harrow. (M) **11.20** Silent Witness. (M) **12.20** Rage. (MA15+) **1.40** Antiques Roadshow. **2.40** Last Tango In Halifax. (M) **3.40** The Bill. (M) **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.40** Charlie And Lola. **5.55** The Hive. **6.00** Octonauts. **6.15** WildWoods. **6.25** Go Jetters. **6.40** Jamillah And Aladdin. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Michael McIntyre: Showtime. (M) **8.55** Alan Davies: Little Victories. (M) **10.15** Alan Davies: As Yet Untitled. (M) **11.00** Adam Hills: The Last Leg. **11.45** Upstart Crow. (M) **12.15** The Thick Of It. (MA15+) **12.45** Plebs. (M) **1.10** IdiotSitter. (M) **1.35** Murder In Successville. (M) **2.05** Michael McIntyre: Showtime. (M) **3.00** Dirty Laundry. (M) **3.35** News Update. **3.40** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. **9.30** Soccer. EPL. Manchester United v Liverpool. Replay. **12.00** WorldWatch. **1.00** Motorcycle Racing. Australian Superbike Championship. Round 1. **3.00** FIFA World Cup 2018 Magazine. **3.30** FIFA World Cup 2018 Magazine. **4.00** FIFA World Cup 2018 Magazine. **4.30** FIFA 2018 World Cup: Road To Russia. **5.00** Small Business Secrets. **5.35** Hitler's Secrets. (PG) **6.30** News. **7.35** Eight Days That Made Rome. (M) **8.30** Movie: Bowling For Columbine. (M) (2002) **10.40** Gunned Down. (M) **11.40** Cycling. UCI World Tour. Paris-Nice Race. Final stage. **1.10** Change My Race. (M) **2.15** Snow Monkey. (MA15+) **5.00** WorldWatch.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia TV. **10.00** WorldWatch. **12.00** Insight. **1.00** Front Up. **1.30** Gaycation. (PG) **2.15** Inhuman Kind. (PG) **2.45** 50 Ways To Kill Your Mammy. (PG) **3.35** Young Brides For Sale. (PG) **4.00** North Korean Labour Camps. (PG) **4.45** Woman With Gloria Steinem. (PG) **5.10** Toxic Garbage Island. (PG) **6.25** Vs Arashi. (PG) **7.20** If You Are The One. (PG) **8.30** 24 Hours In Police Custody. (M) **9.30** RuPaul's Drag Race. (M) **10.25** Dragula. (MA15+) **11.25** Adam Looking For Eve (Finland) (MA15+) **12.15** Adam Looking For Eve (Finland) (MA15+) **1.05** The Trixie & Katya Show. (MA15+) **1.30** Epicly Later d. (MA15+) **2.20** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** WorldWatch.



MOVIES

7.30pm The Princess Bride (1987) Adventure. Cary Elwes, Robin Wright. (PG) **Family** **8.30pm** Spider-Man: Homecoming (2017) Action. Tom Holland, Michael Keaton. (M) **Premiere** **8.30pm** Once Were Warriors (1994) Crime. Rena Owen, Temuera Morrison. (MA15+) **Masterpiece**

GENERAL

6.30pm Jane The Virgin. (PG) **FOX8** **7.00pm** Bethenny & Fredrik. (M) **Arena** **8.30pm** Call The Midwife. **BBC First**

DOCUMENTARY

6.30pm Canada: The Story Of Us. (PG) **History** **7.30pm** Jane. (PG) **National Geographic** **9.35pm** 24 Hours In Emergency. **Lifestyle**

SPORT

4.30pm Football. AFL Women's. Round 6. Carlton v Melbourne. **Fox Sports 503** **6.00pm** Golf. European PGA Tour. Hero Indian Open. Final round. **Fox Sports 506** **6.30pm** Rugby League. NRL. Round 1. Gold Coast Titans v Canberra Raiders. **Fox League**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. The couples are split and individuals are teamed up with another partner to discuss their relationship status. Two of the big personalities face off. **9.00** Travel Guides. (PG) **10.00** 100% Footy. (M) New. **11.00** Better Late Than Never. (PG) **12.00** The Bible. (M) **1.00** Postcards. (PG) **1.30** TV Shop: Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Top Gear. (PG) **12.30** World's Funniest Videos Top 10 Countdown. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** Young Justice. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Constantine. (M) (2005) **11.00** Big Bang. (PG) **11.30** Best Ink. (M) **12.30** Friends. (PG) **1.30** Teen Titans Go! (PG) **2.00** The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The House Sitter. (M) (2015) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Curtis Stone returns to MKR as Group 1 cooks for the toughest judges at a Kids Sports Day Challenge. **9.00** The Resident. (M) After a mix-up in the ER causes Conrad to deliver a death notification to the wrong family, he sets out to fix it. **10.00** The Resident. (M) The staff are pushed to the limits. **11.00** The Blacklist. (M) **12.00** Winter Paralympics. PyeongChang 2018. Highlights. **1.15** Mixology. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today. **10.30** NBC Press. **11.30** Australia's Best Drives. (PG) **12.00** The Outdoor Room. **12.30** Sean's Kitchen. **1.30** Harry's Practice. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Rosemary & Thyme. (PG) **8.30** Lewis. (M) **10.30** Blue Murder. (M) **11.30** Winter Paralympics. PyeongChang 2018. Highlights. **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** The Great Outdoors. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Late Programs.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** I'm A Celebrity... Get Me Out Of Here! (PG) **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Final. Hosted by Julia Morris and Dr Chris Brown. **9.00** Law & Order: S.V.U. (M) When an infant goes missing, the team members find themselves taking sides in a family's right-to-die court case. **10.00** Law & Order: S.V.U. (M) Shocking allegations are levelled against Benson. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM. **9.00** iFish. **10.00** Megafactories. **11.00** Rocky Mountain Railroad. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (PG) **2.00** MacGyver. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. (PG) **7.30** MacGyver. After Murdoch drugs and kidnaps MacGyver, he escapes the trap and sets out to defend his next victim. (M) **8.30** NCIS. (M) **10.30** NCIS: Los Angeles. (M) **11.30** Super Rugby Extra Time. **12.30** Home Shopping. **2.00** Get Smart. (PG) **3.00** Jake And The Fatman. (PG) **4.00** MacGyver. (PG) **5.00** Diagnosis Murder. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Grand Designs. **12.00** ABC News At Noon. **1.00** Landline. **2.00** The Time Of Our Lives. (PG) **3.00** Gardening Australia. **3.30** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.45** ABC Late News. **11.15** The Business. **11.30** Golf. USPGA Tour. Valspar Championship. Highlights. From Innisbrook Resort, Palm Harbor, Florida. **12.25** Rage. (MA15+) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (M) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Rosehaven. (PG) **8.30** Rosehaven. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Fleabag. (M) **9.55** Inside Amy Schumer. (MA15+) **10.20** #CelesteChallengeAccepted. (PG) **10.25** Red Dwarf. (PG) **10.55** The Office. (PG) **11.15** 30 Rock. (PG) **11.35** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.30** Red Dwarf. (PG) **1.00** The Office. (PG) **1.20** 30 Rock. (PG) **1.45** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** André Rieu: Under The Stars. **3.00** Secrets Of The Brain. (PG) **4.00** Peru: Extreme Planet. **5.00** Cold Justice. **5.30** Letters And Numbers. **6.00** Great British Food Revival. **6.30** News. **7.30** River Cottage Australia. (PG) Final. **8.30** Michael Mosley: Trust Me, I'm A Doctor. **9.40** 24 Hours In Emergency. (M) **10.35** SBS News. **11.05** The World Game. **11.35** Just One Look. (M) New. **12.35** Just One Look. (M) **1.40** Ride Upon The Storm. (MA15+) **2.50** Ride Upon The Storm. (M) **4.00** Jihad: A Story Of The Others. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Little Nicolas On Holiday. (PG) (2014) **1.45** UnREAL. (M) **2.35** Cemetery Slum. (M) **3.00** Vs Arashi. (PG) **4.00** The Mindy Project. (PG) **4.25** Cyberwar. (PG) **4.55** News. **5.25** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Travel Man. **8.30** Movie: The Diary Of A Teenage Girl. (2015) **10.25** Movie: Desperately Seeking Susan. (1985) **12.20** Untitled Action Bronson Show. (MA15+) **12.45** Untitled Action Bronson Show. (MA15+) **1.10** Untitled Action Bronson Show. (MA15+) **1.35** Untitled Action Bronson Show. (MA15+) **2.00** The Feed. **2.30** CGTN English News. **3.00** Thai News. **3.30** WorldWatch.



MOVIES

6.35pm Colossal (2016) Comedy. Anne Hathaway, Jason Sudeikis. (M) **Masterpiece** **8.30pm The Great Wall** (2017) Action. Matt Damon, Willem Dafoe. (M) **Premiere** **8.30pm The Trip To Italy** (2014) Comedy. Steve Coogan, Rob Brydon. (M) **Comedy**

GENERAL

8.30pm American Pickers. (PG) A&E **8.30pm Tin Star**. (M) BBC First **8.30pm Britannia**. (MA15+) **Showcase**

DOCUMENTARY

6.25pm Royal Recipes. (PG) *Lifestyle Food* **7.30pm Great White Bite**. (M) *Animal Planet* **8.30pm David Attenborough's Natural Curiosities**. (PG) *National Geographic Wild*

SPORT

12.00pm Basketball. NBA. Los Angeles Lakers v Cleveland Cavaliers. ESPN **7.00pm The A-League Hour**. Fox Sports 501 **8.30pm NRL 360**. Fox League

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. **9.00** Date Night. (M) **9.30** Movie: Bad Teacher. (M) (2011) Cameron Diaz, Lucy Punch, Jason Segel. After a foul-mouthed teacher is dumped by her fiancé, she sets her sights on a colleague. **11.20** Embarrassing Bodies Down Under. (MA15+) **12.20** 20/20. **1.20** Patriot Games. (PG) **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Cold Water Cowboys. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.00** Kids' WB. (PG) **4.05** Young Justice. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Science Of Stupid. (M) **8.30** Movie: 3 Days To Kill. (M) (2014) **10.50** 2 Broke Girls. (M) **11.50** Meet The Hackers. (PG) **12.20** Friends. (PG) **1.20** Looney Tunes Cartoons. **1.30** Teen Titans Go! (PG) **2.00** The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Stranger In The House. (M) (2016) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Group 2 heads to Spice Alley to man the woks at their very own Asian street food stalls. **9.00** The Good Doctor. (M) A patient considering undergoing a dangerous surgery asks Dr Shaun Murphy what he would do in his place. **10.00** Grey's Anatomy. (M) Jo faces her abusive husband Paul Stadler. **11.00** Grey's Anatomy. (M) **12.00** Winter Paralympics. PyeongChang 2018. Highlights. **1.15** Time After Time. (M) **2.30** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** To Be Advised. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) A family's house is robbed. **8.30** Inspector Morse. (M) Inspector Morse investigates a suicide. **10.30** Suspects. (M) **11.30** Winter Paralympics. PyeongChang 2018. Highlights. **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** The Great Outdoors. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. **1.00** I'm A Celebrity... Get Me Out Of Here! (PG) **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Bondi Rescue. Return. Jessie rescues an American tourist. **8.00** Bondi Rescue. The lifeguards take the beach buggy into the streets as they chase down an aggressive beachgoer wielding a knife. **8.30** Hughesy, We Have A Problem. (M) Hosted by Dave Hughes. **9.30** NCIS: LA. (M) **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Super Rugby Extra Time. **9.00** Star Trek: Voyager. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** Happy Days. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Super Rugby Extra Time. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. (PG) **7.30** 48 Hours. **8.30** VF Confidential. (MA15+) **9.30** Countdown To Murder. **10.30** CSI: Miami. (M) **11.30** CSI: Miami. (MA15+) **12.30** Home Shopping. **2.00** Get Smart. (PG) **3.00** Matlock. (M) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** The Time Of Our Lives. (M) **2.55** Ask The Doctor. (PG) **3.25** Doctor Who. (PG) **4.15** Pointless. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** The Checkout. (PG) **8.30** The Human Body: Secrets Of Your Life Revealed. **9.30** Hyper Evolution: Rise Of The Robots. **10.30** ABC Late News. **11.00** The Business. **11.15** Q&A. **12.25** Rage. (MA15+) **2.20** Hyper Evolution: Rise Of The Robots. **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **5.25** Kazoos! **5.30** Peppa Pig. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Extras. (M) **8.30** Extras. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Plebs. (M) **9.55** Idiotsitter. (M) **10.15** Mychonnay. (PG) **10.25** Red Dwarf. (PG) **10.55** The Office. (PG) **11.15** 30 Rock. (PG) **11.35** Parks And Recreation. (M) **11.55** Tonightly With Tom Ballard. (M) **12.25** Red Dwarf. (PG) **12.55** The Office. (PG) **1.15** 30 Rock. (PG) **1.40** Parks And Recreation. (M) **2.00** News Update. **2.05** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **2.00** Nadia Comaneci: Gymnast And The Dictator. (PG) **3.00** Kylie Kwong: My China. **3.30** Rise Of The Machines. (PG) **4.25** 1916: The Irish Rebellion. (PG) **5.25** Letters And Numbers. **5.55** Great British Food Revival. **6.30** News. **7.30** Who Do You Think You Are? (PG) **8.30** Insight. **9.30** Dateline. **10.00** Trump's Fortress America. **10.30** SBS News. **11.00** Monster. (MA15+) **12.05** Monster. (MA15+) **1.10** Movie: Rampart. (MA15+) (2011) **3.05** Movie: Legend Of The Fist: The Return Of Chen Zhen. (MA15+) (2010) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Soccer. UEFA Champions League. Round of 16. Second Leg. Roma v Shakhtar Donetsk.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Fat Kid Rules The World. (M) (2012) **1.50** UnREAL. (M) **2.35** Human Resources. **3.00** Cyberwar. (PG) **3.30** Front Up. **4.00** The Mindy Project. (PG) **4.30** Tattoo Age. (PG) **5.00** News. **5.25** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Drunk History UK. (M) **8.30** Why Did I Go Mad? **9.30** King Of The Road. (MA15+) New. **10.20** Knightfall. (MA15+) **11.15** Craiglist Joe. (M) **1.00** News. **1.30** Desus And Mero. (M) **1.55** The Feed. **2.25** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Passengers (2016) Sci-fi. Jennifer Lawrence, Chris Pratt. (M) *Premiere*
8.30pm Hotel Rwanda (2004) Drama. Don Cheadle, Sophie Okonedo. (M) *Masterpiece*
8.30pm A Few Best Men (2011) Comedy. (MA15+) *Comedy*

GENERAL

8.30pm Chicago P.D. (MA15+) *Universal Channel*
8.30pm Here And Now. (MA15+) *Showcase*
8.30pm Marvel's Runaways. (M) *FOX8*

DOCUMENTARY

7.30pm Nikita Khrushchev: The Red Tsar. (PG) *History*
8.30pm Vanity Fair Confidential. (M) *Crime & Investigation*
8.30pm Days That Shaped America: Challenger. (PG) *History*

SPORT

1.30pm Basketball. NBA. Portland Trail Blazers v Miami Heat. *ESPN*
7.30pm Soccer. AFC Champions League. Group Stage. Melbourne Victory v Kawasaki Frontale. *Fox Sports*
5.03

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1303

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. The social "experiment" continues with the final dinner party. The remaining couples are tested to their limits with the Honesty Box. **9.00** 20 To One. (PG) **10.00** Botched. (M) **11.00** Mom. (M) **11.30** Soundbreaking. (M) **12.30** House Husbands. (PG) **1.30** Surfing Australia TV. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Cold Water Cowboys. (M) **1.00** Dawson's Creek. (PG) **2.00** Steven Universe. (PG) **2.30** The Looney Tunes Show. **3.00** Pokémon. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** Young Justice. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Top Gear. **9.00** Movie: The Book Of Eli. (MA15+) (2010) **11.30** Street Outlaws. (M) **12.30** Friends. (PG) **1.30** Teen Titans Go! (PG) **2.00** The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: A Mother Betrayed. (M) (2015) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Hunter and Olivia put their differences aside. Ben and Maggie learn the importance of honesty. **7.30** My Kitchen Rules. (PG) Hosted by Pete Evans and Manu Feildel. **9.15** Manu's American Road Trip. (PG) Part 2 of 2. Manu continues his trip in Louisiana, where he cooks with the queen of Creole cuisine. **10.15** Movie: The 40-Year-Old Virgin. (MA15+) (2005) **12.40** Winter Paralympics. PyeongChang 2018. Highlights. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** To Be Advised. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) **8.30** A Touch Of Frost. (M) Frost and his team investigate the discovery of a body found in a local reservoir. **10.10** Families Of Crime. (MA15+) **12.20** Winter Paralympics. PyeongChang 2018. Highlights. **12.20** The Great Outdoors. **1.30** Harry's Practice. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. **1.00** Jamie's Thirty Minute Meals. **1.30** My Market Kitchen. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Graham Norton Show. (M) **8.30** This Is Us. Kate surprises Toby at work. Kevin and Randall attend a charity fundraiser for Sophie's hospital. **9.30** This Is Us. In the past, Jack takes the kids trick or treating in an effort to help the boys get along better. **10.30** Hawaii Five-O. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** Happy Days. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. (PG) **7.30** Hawaii Five-O. (MA15+) **8.30** Wonders Of Life With Brian Cox. **9.30** Alaska Aircrash Investigations. (PG) Final. **10.30** Countdown To Murder. **11.30** Diagnosis Murder. (M) **12.30** Home Shopping. **2.00** Get Smart. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Matlock. (M) **5.00** Diagnosis Murder. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Aust Story. **2.00** The Time Of Our Lives. (M) **2.50** The Cook And The Chef. **3.20** Doctor Who. (PG) **4.15** Pointless. (PG) **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Squinters. (M) Final. **9.30** Insert Name Here. Return. **10.00** Tonightly With Tom Ballard. (M) **10.30** ABC Late News. **11.00** The Business. **11.15** Four Corners. **12.00** Media Watch. (PG) **12.20** Rage. (MA15+) **1.45** Insert Name Here. (PG) **2.20** Press Club. **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **6.25** Go Jetties. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Black Books. (PG) **8.25** Black Books. (PG) **8.50** #CelesteChallengeAccepted. (PG) **9.00** Tonightly With Tom Ballard. (M) **9.30** Asian Provocateur: Mum's American Dream. (M) Final. **10.00** The Trip To Italy. (PG) **10.30** Red Dwarf. (PG) **11.00** The Office. (M) **11.20** 30 Rock. (M) **11.40** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.30** Red Dwarf. (PG) **1.00** The Office. (M) **1.25** 30 Rock. (M) **1.45** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 Soccer. UEFA Champions League. Round of 16. Second Leg. Roma v Shakhtar Donetsk. **8.00** WorldWatch. **12.30** Turkish News. **1.00** PBS News. **1.55** Who Do You Think You Are? **3.05** Dateline. **3.30** Insight. **4.30** Pan-American Road Trip. (PG) **5.30** Letters And Numbers. **6.00** Great British Food Revival. **6.30** News. **7.30** Great Continental Railway Journeys. **8.35** Miniseries: Safe Harbour. (MA15+) **9.40** The Good Fight. **10.40** Berlin Station. (M) **11.45** SBS News. **12.15** Movie: Mustang. (2015) **1.55** Miniseries: The Secret Life Of Marilyn Monroe. (M) **3.30** STUDIO At The MEMO With Tim Rogers. (M) **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.30** Serbian News. **10.00** Dutch News. **10.30** African News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Potiche. (M) (2010) **1.45** UnREAL. (M) **2.35** Over The Black Dot. **3.35** Front Up. (PG) **4.05** The Mindy Project. (PG) **4.35** Balls Deep. (PG) **5.05** News. **5.30** If You Are The One. (PG) **6.30** Brooklyn Nine-Nine. (PG) **7.00** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Travel Man. (PG) **8.30** The Crystal Maze. **9.30** Movie: Black Sea. (2014) **11.30** Movie: The Thieves. (MA15+) (2012) **1.55** News. **2.20** Desus And Mero. (M) **2.45** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

7.30pm The Boss Baby (2017) Animated. Alec Baldwin, Steve Buscemi. (PG) **8.30pm** Why Him? (2016) Comedy. James Franco, Bryan Cranston. (MA15+) **Premiere** **8.30pm** Dumb And Dumber (1994) Comedy. Jim Carrey, Jeff Daniels. (PG) **Comedy**

GENERAL

8.30pm The Flash. (M) FOX8 **9.30pm** Covert Affairs. (M) Universal Channel **9.40pm** Halt And Catch Fire. (MA15+) **Showcase**

DOCUMENTARY

7.30pm Gogglebox. (M) Lifestyle **8.30pm** Nadiya's Food Adventure. (PG) Lifestyle Food **8.30pm** Selling Houses Australia. Lifestyle

SPORT

8.00pm Alpine Skiing. World Cup. Men's Downhill. Eurosport **8.30pm** NBA: The Jump. ESPN **9.00pm** Soccer. AFC Champions League. Group Stage. Kashima Antlers v Sydney FC. Fox Sports 503

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1403

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Please do not waste a moment in helping STOP MBRC from killing Hank

To assist, please urgently:

1. Write to or Call Moreton Bay Regional Council and RSPCA QLD to request their cooperation and support Hank's family's requests.
2. Sign the Petition on Change.org.au - <https://goo.gl/89Nyz1>
3. Like the Facebook Page to follow updates at Save Hank the Neo Mastiff (watch the videos there from the Walk for Hank from 13/1/18 attended by Hank's family, also supported by the attendance of the original Investigating Officer)
4. Donate via the GoFundMe page - <https://www.gofundme.com/save-hank>
5. Follow the Instagram page for Hank's supporters #savehanktheneomastiff
6. Follow on Twitter and tweet your support - <https://twitter.com/savehanktheneom>
7. Share Hank's story with other community groups, friends and family who may also wish to join in support.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** Rugby League. NRL. Round 2. Cronulla Sharks v St George Illawarra Dragons. From Southern Cross Group Stadium, Sydney. **8.55** The NRL Footy Show. Erin Molan, Andrew Johns and Ryan Girdler discuss the latest rugby league news. (M) **10.10** The AFL Footy Show. (M) **11.40** Public Morals. (M) **12.40** Border Rico. (PG) **1.15** Nine Presents. **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Cold Water Cowboys. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Robot Wars. (PG) **8.30** Survivor: Ghost Island. (PG) **9.30** Movie: Get Him To The Greek. (MA15+) **12.45** WWE Raw. (MA15+) **12.45** Friends. (PG) **1.15** Mike Tyson Mysteries. (MA15+) **1.30** Teen Titans Go! (PG) **2.00** The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Reflections. (M) (2008) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Hunter has second thoughts about Jennifer. **8.00** My Kitchen Rules. (PG) Group 2 gets wet and wild at a pool party challenge, as the contestants try to make a splash on the barbie. **9.15** Gordon Ramsay On Cocaine. (M) Part 2 of 2. Gordon Ramsay continues his look at the problem of substance abuse in Britain. **10.15** To Be Advised. **12.00** Winter Paralympics. PyeongChang 2018. Highlights. **1.15** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** To Be Advised. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Father Brown. (M) Susie falls for a cult leader. **8.30** Murdoch Mysteries. (M) When a childhood friend alerts Murdoch to imminent danger, they travel to Algonquin Park to investigate a 30-year-old murder. **11.30** Winter Paralympics. PyeongChang 2018. Highlights. **12.30** Psychic TV. (M) **3.30** Harry's Practice. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. **1.00** Jamie's Thirty Minute Meals. **1.30** My Market Kitchen. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** 2017 Montreal Comedy Festival. Tommy Little presents stand up performances from Ismo Leikola, Gabriel Iglesias, Sarah Tiana and Adam Hills. **8.30** Gogglebox. Opinionated viewers discuss TV shows. **9.30** Blue Bloods. (M) A single mother is murdered. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Jake And The Fatman. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** Happy Days. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. **7.30** Rocky Mountain Railroad. (PG) **8.30** Bondi Rescue. (PG) **9.00** Movie: Code Of Honor. (MA15+) (2016) Steven Seagal, Craig Sheffer, James Russo. **11.10** SEAL Team. (M) **12.10** Highlander. (PG) **1.10** Home Shopping. **2.10** Diagnosis Murder. (PG) **3.05** Matlock. (M) **4.00** Star Trek: Voyager. (PG) **5.00** Highlander. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **1.00** The Human Body: Secrets Of Your Life Revealed. **2.00** The Time Of Our Lives. (M) **3.00** The Cook And The Chef. **3.30** Doctor Who. (PG) **4.15** Pointless. (PG) **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. (PG) **6.55** Sammy J. **7.00** ABC News. **7.30** 7.30. **8.00** Call The Midwife. (M) **9.00** Unforgotten. (M) **9.50** Good Karma Hospital. (M) Final. **10.35** News. **11.05** The Business. **11.20** No Offence. (M) **12.10** Unforgotten. (M) **1.00** Good Karma Hospital. (M) Final. **1.50** Rage. (MA15+) **2.25** Golf. USPGA Tour. Valspar C'ship. **3.20** Antiques. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Frontline. (M) **8.30** Frontline. (PG) **8.55** Sammy J. **9.00** Tonightly With Tom Ballard. (M) **9.30** Quinters. (M) Final. **10.00** Murder In Successville. (M) **10.30** Red Dwarf. **11.00** The Office. (PG) **11.20** 30 Rock. (M) **11.40** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.30** Red Dwarf. **1.00** The Office. (PG) **1.25** 30 Rock. (M) **1.45** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Nigella Bites. **2.25** Nigella Bites. **2.50** Cold Justice. **3.20** Digging For Britain's Secrets. (PG) **4.20** The Story Of Egypt. (PG) **5.25** Letters And Numbers. **5.55** Great British Food Revival. **6.30** News. **7.30** Railway Journeys UK. **8.05** Luke Nguyen's Food Trail. New. **8.35** The Diet Testers. **9.35** Knightfall. (MA15+) **10.25** The Bridge. (MA15+) **11.35** SBS News. **12.05** Movie: Food And Shelter. (M) (2015) **1.40** Bear Grylls' Mission Survive. (M) **2.40** Bear Grylls' Mission Survive. (M) **3.35** Bear Grylls' Mission Survive. (M) **4.30** Food Lover's Guide. **5.00** GTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Escort In Love. (M) (2011) **1.45** UnREAL. (M) **2.30** Climbing Lebanon. (M) **3.00** The Pizza Show. (PG) **3.30** Dateline. **3.55** The Mindy Project. (PG) **4.25** VICE. (PG) **4.55** News. **5.25** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Dateline. **8.30** Full Frontal. (MA15+) **9.00** Rockwiz. (M) **10.00** FEMEN: Sexism In Canada. **10.25** Unplanned America. (MA15+) **10.55** Unplanned America. (MA15+) **11.20** UEFA Champions League Highlights. **12.20** News. **12.45** Desus And Mero. (M) **1.10** Dig. (M) **1.55** The Feed. **2.25** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** WorldWatch.



MOVIES

6.40pm Life (2017) Sci-fi. Ryan Reynolds, Jake Gyllenhaal. (MA15+) **Premiere**
6.45pm The Machinist (2004) Thriller. Christian Bale, Jennifer Jason Leigh. (M) **Masterpiece**
8.30pm Guardians Of The Galaxy Vol. 2 (2017) Action. Chris Pratt, Zoe Saldana. (M) **Premiere**

GENERAL

8.30pm Who Do You Think You Are?. (PG) UKTV
8.30pm DC's Legends Of Tomorrow. (M) FOX8
9.30pm Million Dollar Matchmaker. (M) Arena

DOCUMENTARY

8.30pm The Great Australian Bake Off. (PG) Lifestyle
9.30pm Grand Designs New Zealand. (PG) Lifestyle

SPORT

7.30pm Basketball. NBL Playoffs. Grand Final Series. Game 1. Fox Sports 503
7.50pm Rugby League. NRL. Round 2. Cronulla Sharks v St George Illawarra Dragons. Fox League

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1503

Baby Blossom

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Deep Blue Sea. (M) (1999) Jacqueline McKenzie, Samuel L Jackson, Thomas Jane. A group of scientists in an isolated ocean laboratory becomes bait for sharks with genetically enhanced brains. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** Rugby League. NRL. Round 2. Brisbane Broncos v North Queensland Cowboys. From Suncorp Stadium, Brisbane. **9.55** Top Gear. (M) **11.25** The Closer. (M) **12.25** Bangkok Airport. (PG) **1.30** TV Shop: Home Shopping. **2.00** Filthy Rich. (M) **3.00** The Avengers. (PG) **4.00** Global Shop. **4.30** The Baron. (PG) **5.30** Good Morning America.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Cold Water Cowboys. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** Young Justice. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Movie: Stuart Little. (G) (1999) **7.40** Movie: Peter Pan. (PG) (2003) **9.55** Movie: Lara Croft: Tomb Raider. (M) (2001) **11.55** WWE Smackdown. (MA15+) **12.55** Total Divas. (M) **1.55** WWE Slam City. (PG) **2.00** The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Happy Face Killer. (M) (2014) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Joh and Pete visit a home in the Blue Mountains with its own observatory. Adam helps young Aussick fans. **8.30** Movie: Last Cab To Darwin. (M) (2015) Michael Caton, Jacki Weaver, Ningali Lawford, Mark Coles Smith. After a taxi driver is told he does not have long to live, he sets out on an epic journey to die on his own terms. **11.00** To Be Advised. **12.00** Winter Paralympics. PyeongChang 2018. Highlights. **1.15** Harry's Practice. **2.00** Shopping. **4.00** The Great Outdoors. **5.00** NBC Today.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** House Of Wellness. (PG) **1.00** Better Homes. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Air Crash Investigation. (PG) **8.30** Building The Dream. Charlie helps a couple build a five-bedroom home. **9.30** The House That £100K Built. **10.30** To Build Or Not To Build. **11.30** Winter Paralympics. PyeongChang 2018. Highlights. **12.30** Harry's Practice. **1.00** Psychic TV. (M) **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCB. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. **8.30** Hughesy, We Have A Problem. (M) Dave Hughes is joined by Tommy Little, Denise Scott, Susie Youssef and Dave O'Neil. **9.30** The Graham Norton Show. (M) Graham Norton chats to Tom Cruise, Henry Cavill, Rebecca Ferguson and Simon Pegg. Paloma Faith performs. **10.30** To Be Advised. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Shopping. **8.00** Get Smart. (PG) **9.00** Jake And The Fatman. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** Happy Days. **12.00** Get Smart. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. MacGyver discovers an abandoned ship after he goes on a wilderness mapping expedition. A long time friend of MacGyver's is murdered while investigating a string of diamond thefts. (PG) **8.30** Walker, Texas Ranger. A country singer discovers her talent agent is the mastermind behind a drug cartel. (M) **11.30** CSI: NY. (MA15+) **12.30** Shopping. **2.00** Matlock. (M) **3.00** Walker, Texas Ranger. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Meet The Mavericks. (M) **2.00** Call The Midwife. (M) **2.55** Dream Gardens. Final. **3.25** Doctor Who. (PG) **4.15** Pointless. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** Gardening Australia. **8.30** Harrow. Harrow investigates a case involving a woman murdered with a crossbow. (M) **9.25** Silent Witness. (MA15+) **10.25** ABC Late News. **10.55** The Business. **11.10** Shaun Micallef's MAD AS HELL. (M) **11.40** Planet America. **12.25** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Upstart Crow. (PG) **10.00** The Thick Of It: Rise Of The Nutters. (M) **11.00** Red Dwarf. (PG) **11.30** The Office. (PG) **11.50** 30 Rock. (PG) **12.10** Parks And Recreation. (PG) **12.30** Tonightly With Tom Ballard. (M) **1.00** Red Dwarf. (PG) **1.30** The Office. (PG) **1.55** 30 Rock. (PG) **2.15** Parks And Recreation. (M) **2.35** News Update. **2.40** Closure. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Vote Yes For Aborigines. **2.55** NITV News Week In Review. **3.25** Poh's Kitchen. **3.55** Poh's Kitchen. **4.25** Luke Nguyen's United Kingdom. **4.55** Luke Nguyen's United Kingdom. **5.25** Letters And Numbers. **5.55** Great British Food Revival. Final. **6.30** News. **7.30** Railway Journeys UK. **8.05** Railway Journeys UK. **8.40** Homeland. (MA15+) **9.40** Movie: Rain Man. (MA15+) (2013) **2.20** Miniseries: The Secret. (M) **3.15** Miniseries: The Secret. (M) **4.05** ISIS: British Women Supporters Unveiled. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: The Moon Child. (M) (2011) **1.55** UnREAL. (M) **2.45** Black Market: Dispatches. (M) **3.10** Dead Set On Life. (PG) **3.35** Dateline. **4.05** The Mindy Project. (PG) **4.30** Long Shot. (PG) **5.00** News. **5.25** If You Are The One. (PG) **6.40** The Classic Car Show. (PG) **7.30** Batman. (PG) **8.00** Batman. (PG) **8.30** Adam Looking For Eve. (MA15+) **9.25** Atlanta. (M) **9.55** Queer As Folk. **10.45** Who Needs Ibiza? (M) **11.50** News. **12.15** Desus And Mero. (M) **12.40** Paradise Papers: The Secret Investigation. (M) **1.35** PopAsia TV. (PG) **2.35** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Rough Night (2017) Comedy. Scarlett Johansson, Kate McKinnon. (MA15+) *Premiere*
8.30pm Marie Antoinette (2006) Biographical. Kirsten Dunst. (PG) *Masterpiece*
8.30pm Bad Moms (2016) Comedy. Mila Kunis, Kathryn Hahn. (MA15+) *Romance*

GENERAL

8.30pm Inside No.9. (MA15+) *BBC First*
8.30pm Fugitives. (MA15+) *Showcase*
8.30pm It's Always Sunny In Philadelphia. (M) *Comedy Channel*

DOCUMENTARY

8.30pm My Big Fat Fabulous Life. (PG) *TLC*
8.30pm Air Crash Investigation. (PG) *National Geographic*
9.30pm Banged Up Abroad. (M) *National Geographic*

SPORT

7.00pm Football. AFL Women's. Round 7. GWS Giants v Brisbane Lions. *Fox Footy*
7.50pm Rugby League. NRL. Round 2. Brisbane Broncos v North Queensland Cowboys. *Fox League*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1603

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

This week 57 ladies, including 2 visitors, attended a lovely lunch at the Lone Star Steak House in North Lakes. Everyone enjoyed the fun, laughter and chatter. The meal was tasty and the service very good. A great time was had by all.

Tuesday 13 March - The Red Hot Mammals are singing for us. Visitors welcome.

Tuesday 20 March - Guest Speaker, Diane Carter. Diane is a professional speaker who uses her real-life stories in showing how to use Mindset energy. She will focus on how to make the most of any situation and learning how to trust yourself.

St Patrick's Day themed Morning Tea.

Our meetings are open to all women in North Lakes/Mango Hill/Moreton Bay District. For more information please contact Trish 0447 071 221 or Sue 0418 785 944.



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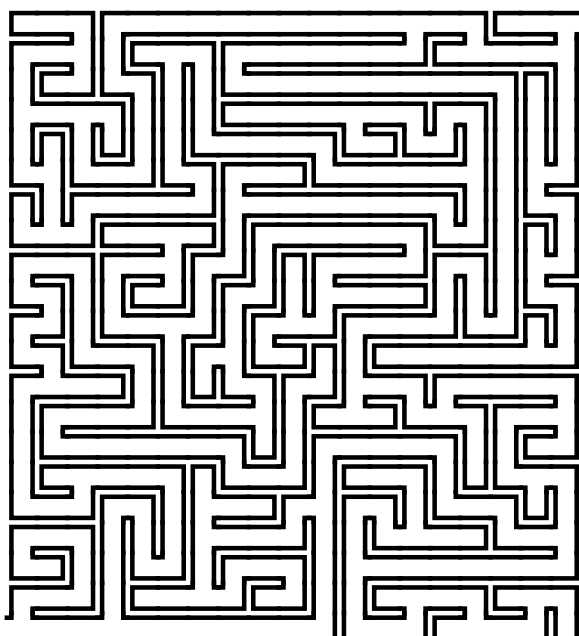
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AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

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Crossword 6508

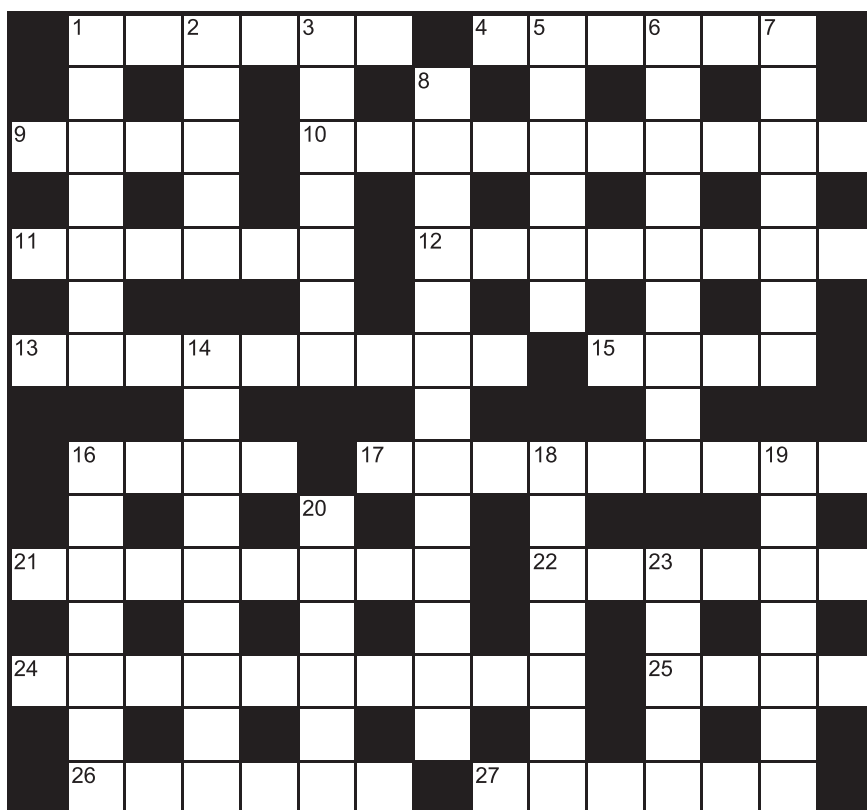
Cover star looks, page 31 crosswords by Laurie Stibbe

ACROSS

- 1 Overseas
- 4 Flamethrower fuel
- 9 Distant
- 10 Increase car's speed
- 11 Downhill ski race
- 12 Lacking firmness
- 13 Queensland Nut
- 15 Droop (as in plants)
- 16 Canine animals
- 17 Legal
- 21 Short wave radio identification
- 22 Emetic
- 24 Pirates
- 25 Dull persistent pain
- 26 In the land of Nod
- 27 Bionic man

DOWN

- 1 Lucerne
- 2 Pastoral
- 3 Lack of red blood cells
- 5 Ultimately (2,4)
- 6 Trapeze acrobat
- 7 Sailor
- 8 Friends
- 14 Beatific
- 16 Fictional vampire
- 18 Needing a drink
- 19 Driver who obstructs others
- 20 Man engaged to be married
- 23 Muse of lyric & love poetry



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- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise

TOP DECORATING TIPS

IKEA North Lakes shares top rental decorating tips

IKEA knows decorating pretty well. You don't get to be the world's largest furniture retailer without learning a thing or two about what works inside the actual spaces that we live in.

Recently, the interior design boffins from the big blue box at North Lakes left the showroom and headed into the field (as they do all over the country) to find out more about the way we live and how we can improve our lifestyle through creatively functional use of space.

This initiative, as part of the *IKEA + you* project, was created with a desire to inspire Australians to live a better everyday life at home. IKEA's designers interviewed various families about these spaces and what frustrates them about their home. As part of this process, the team designed and implemented a living room makeover for a family home at Enoggera.

Learning from real-world/real-people informs the creative solutions you see in IKEA's showrooms. In fact, the Enoggera redesign was so successful they recreated the family's actual living room at IKEA North Lakes (you can see it yourself in-store on Level 2).

The Messenger spoke to the family at the launch of the recreated space last week and praised IKEA for their simple, functional and practical approach. They told us that working with a designer was a great experience in which their input was respected and used and that the result was a huge success for their family.

Given that we can't all have personal designers attend our houses for a personalised makeover, IKEA's Interior Design Leader Christine Gough had these tips to share with us:

Get creative with your layout

The old space had an awkward layout as it is used as a main thoroughfare to get through to the kitchen/dining area but also to the front of the house. To create a space that flows seamlessly, we looked at how the space was used, what activities take place there and what is required from the area. For this area we needed to create three zones in the space for; watching television and relaxing, a workspace and a play area for the kids. What they did:

- Pull the sofa off the back wall, to create a better flow and add structure to the living room
- A big rug helps define an area and in this space a big, comfortable and inviting rug provides the perfect place for board games, pizza and movie nights in front of the television. It is also handy when you need to hide marks and stains on the floor from previous tenants.
- Created a dedicated space for work and study, where the parents can get their paperwork done and store their files. Kids can also use the space for homework and playing computer games. The space is tucked into a corner to ensure that it doesn't affect the flow of the space but is still impactful in its look and feel and blends seamlessly with the rest of the living room.

Create impact with colour

Your home is a personal and unique space that reflects who you are, so the colour and

your furnishings are very important – but they can also impact how a space feels. When you can't make too many changes to a rental, how you use textures and colours in a space make it feel more personal. We used these simple tips:

- **Colour.** Limiting your colour palette to three hues creates a clean, cohesive look. You can try combining bright and neutral shades to create harmony and contrast. In this space we have used warm colours combined with tactile, natural and handmade materials to soften the space and add depth to the palette
- **Pattern.** Add patterns and natural materials within your colour palette. The colours will tie them together, while the different sizes will help create subtle interest.
- **Material.** Texture brings it all together. Using natural materials like jute or rattan helps to unite your palette and patterns all while adding soft warmth to your room.

In this home we used the blue already on the walls to dictate the colour scheme for the room. We chose a deep navy cotton sofa, and offset this with natural creams and woods along with splashes of black to create a dramatic finish.

Don't forget about lighting

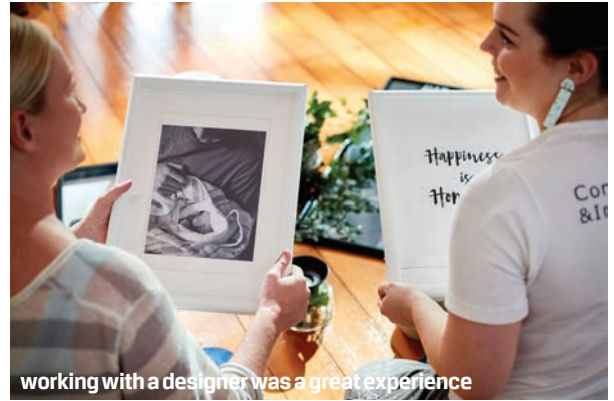
The amount of lighting in the area was limited as the living room is surrounded by other little rooms. With the original layout there was no room/space for lamps to be incorporated. The lighting in the room proved challenging, without the front door open, it is especially dark in the area.

- When natural light is limited we recommend using layers of lights to get the perfect level of brightness.
- Lighting can be used to create contrasts so that a space does not appear flat. General lighting provides a uniform light throughout a space and the beautiful HEKTAR floor lamp adds an elegant look along with providing great light to the space.
- Task lighting provides concentrated light over a specific area to enable certain jobs to be done. No more boring old work stations – we used a combination of desk lamps to light up the work area, – mixing textures, colours and looks to create a playful look that brings personality to the space.
- Mood lighting softens the contrasts between general and task light to create a tranquil, intimate setting. Dotted around the room are lamps to create a cosy and comforting atmosphere that will help the family wind down at the end of the day.

Let your personality shine

As the home is a rental the family cannot attach frames to the wall, which makes adding life and personal touches more challenging. To overcome this challenge we layered different sized framed prints, photos and quotes on top of our storage cupboards and desks. This is the easiest way to create impact in a rental without drilling into the wall.

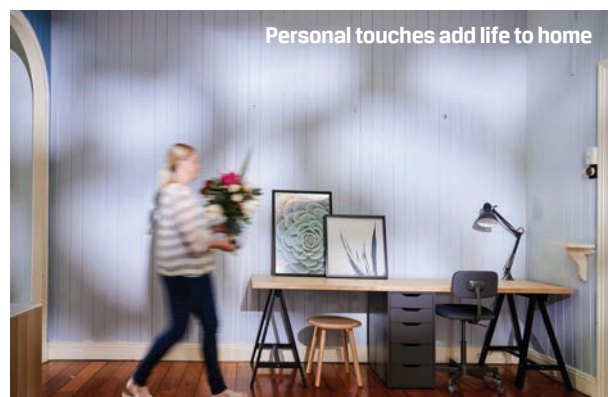
To finish the space, while plants and greenery may not always make your space feel bigger, there are other benefits for 'bringing the outside in'. Plants and greenery can help connect or pull together your space and help bring a sense of wellbeing into your home.



working with a designer was a great experience



Use layers of lights to get the perfect level of brightness



Personal touches add life to home



The finished result was huge success the family said

RayWhite

A word from our clients...

23 Leichhardt Street, North Lakes
Rebecca & Lawrence

"As new residents in the country only a few months ago, we were very naive when it came to selling our home. We have had a tough few months and didn't realise how much a good agent is worth.

We assumed it was the same as England where anyone can sell a house. If there is one piece of advice I can give anyone in this area, it's get these two on board when selling your house. We had a bad experience previously and the Wilkie's have restored our faith.

They have positivity, realism and your best interest at heart. They went above and beyond to seal the deal selling our house day and night. Their communication and manner is just fantastic. They are absolutely amazing at what they do and how they treat people on both sides of the market is just second to none day or night!

Highly highly recommend Team Wilkie and will be calling on their services in the future if we ever need to buy or sell again. Thanks Team Wilkie!"

Team Wilkie
0406 861 210
tony.wilkie@raywhite.com

raywhitenorthlakesqld.com
raywhitemangohill.com



Tony & Nadine Wilkie 0406 861 210



12 Lacebark Street, NORTH LAKES

4 2 2 2

- New stylish kitchen with quality appliances
- Large formal lounge
- Full ducted A/C with 6 zones
- Resort style alfresco area overlooking lap pool

Sale
\$599,000+

Tony Wilkie
0406 861 210
Nadine Wilkie
0401 263 765

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12 Nicklaus Parade, NORTH LAKES

4 2 2 2

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- 8 zoned reverse cycle A/C system
- Enormous living area with balcony
- Solar heated in ground pool

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22 Echidna Parade, NORTH LAKES

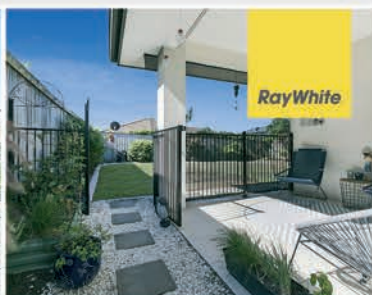
4 2 2 2

- Gourmet style kitchen with quality appliances
- Spacious formal lounge
- Large under-roof entertaining area
- Zoned ducted A/C

Sale
\$499,000+

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0401 263 765

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27 Mulgara Court, NORTH LAKES

4 2 2 2

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Sale
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Darren Suhle

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We are very happy we entrusted the sale of our home with Darren and the team at Ray White North Lakes/Mango Hill."

3 Hetherington Street, North Lakes

Darren Suhle
0400 197 529
darren.suhle@raywhite.com

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4  2  2 

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RayWhite

Sold

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4  2  2 

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RayWhite

Sold

67 Cottonwood Circuit, NORTH LAKES

6  2  2 

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Rebecca Welch

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- * Alfresco area with water feature
- * 450sqm fenced low maintenance property

For Sale

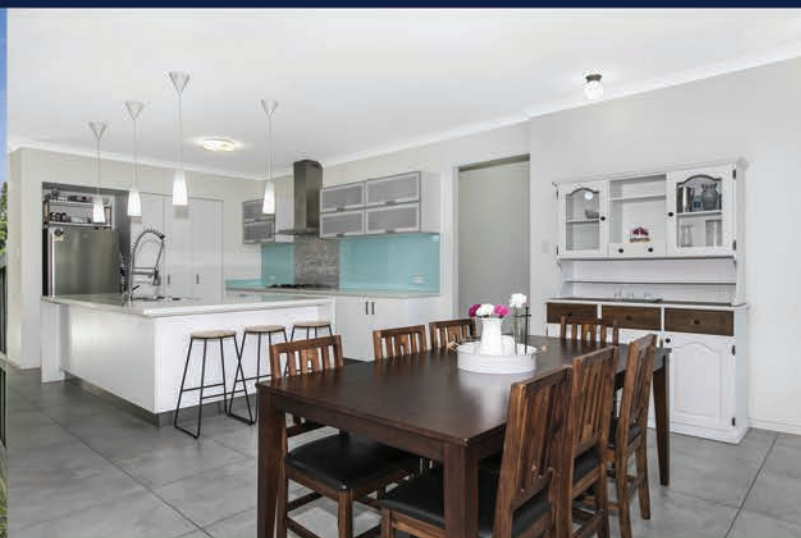
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Kerry Marks
M 0409 345 987



For Sale



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4 2 2

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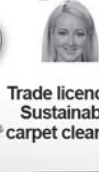
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